

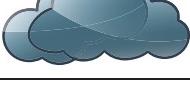
Kansas State Collegian

Alternative spring break options page 4

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thursday, february 24, 2011

vol. 116 | no. 104



Tomorrow:
High: 34 F
Low: 21 F



Saturday:
High: 35 F
Low: 25 F

03

On the road
The men's basketball team
hold on to defeat Nebraska in
last conference showdown.

06

Tech corner
Read about how to make
social networking benefit
you.

08

Mendence
Mendenhall is a K-State star
and she will be dancing for
all to see.



Chick-fil-A sandwiched in gay rights debate

David Rose
staff writer

Despite its reputation as a warm and friendly place to get a quick chicken sandwich, Chick-fil-A has recently come under fire for becoming involved with an organization that is not so warm and friendly with the gay rights community.

Early last month, bloggers around the Internet started calling out Chick-fil-A for sponsoring an anti-gay group in Pennsylvania. Michael Jones, a blogger on Change.org, said in a post titled "Chick-fil-A Partners With Rabid Anti-Gay Group" on Jan. 4 that "if you're eating at Chick-fil-A, you're also eating at an establishment that partners with some of the most ferocious anti-gay groups around."

One such "ferocious anti-gay" group is the Pennsylvania Family Institute, which has long opposed the right for gays and lesbians to marry in Pennsylvania. Its mission, as stated on its website, is "to strengthen families by restoring to public life the tra-

ditional, foundational principles and values essential for the well-being of society."

The event responsible for the recent controversy is the upcoming Art of Marriage videoconference put on by the Pennsylvania Family Institute, for which a local Chick-fil-A has agreed to provide food.

Though the Chick-fil-A corporate public relations department denied "The Collegian" a request for an interview, it repeated in an e-mail a quote from its official Facebook page, saying "one of our independent Restaurant Operators in Pennsylvania was asked to provide sandwiches to two Art of Marriage video seminars."

"At his discretion, the local Operator agreed to simply provide a limited amount of food," the release stated. "Our Chick-fil-A Operators and their employees try very hard every day to go the extra mile in serving all of our customers with honor, dignity and respect."

Still, the Chick-fil-A brand may become tarnished by this recent con-

troversy. Jonathan Mertz, chair of the board of the Flint Hills Human Rights Project, a group advocating for equal rights for the LGBT community, said Chick-fil-A's association with the Pennsylvania Family In-

"While my family and I believe in the Biblical definition of marriage, we love and respect anyone who disagrees."

Dan Cathy
president of Chick-fil-A

stituted "is a real eye-opener to some people."

"People will be surprised that there are businesses out there spending money on stuff they don't want them to," Mertz said. "This kind of thing raises awareness."

The controversy may also be bad

business for the fast food chain. Dawne Martin, assistant dean of diversity for the College of Business Administration, said "many may decide not to do business with them because of it."

"If they want to keep the image of themselves as a family friendly company, then this makes sense, but if they're looking to attract a wider market, then they've shot themselves in the foot," Martin said. "Do you want to put all of your eggs in one basket or go for a wider market?"

For its part, Chick-fil-A has maintained a positive outlook on the situation. In a Jan. 30 press release, Dan Cathy, president of Chick-fil-A, said the business has "no agenda against anyone."

"At the heart and soul of our company, we are a family business that serves and values all people regardless of their beliefs or opinions," Cathy said. "While my family and I believe in the Biblical definition of marriage, we love and respect anyone who disagrees."

The two speakers emphasized being assertive as opposed to being passive, aggressive, or passive-aggressive.

Talking with strangers

Communicating nonviolently an important social skill

Austin Enns
coverage editor

Kristin Kahler, psychologist for K-State Counseling Services, spoke on Wednesday afternoon about how when she first came to America she had a problem. She would take her shoes off before entering houses and accidentally insult the owners. In the previous country she had resided in, this was a sign of respect, but in America it signaled the opposite.

In a lecture entitled "Nonviolent and Assertive Communication: Social Advocacy for Self and Others," two members of Counseling Services gave a presentation for other employees and students about how to avoid communication problems that could occur between different types of people and cultures.

Kahler said people should say how they feel and be specific when they take issue with another person's behavior, like if a coworker is reading their e-mail instead of paying attention.

"There is no judgment here," Kahler said. "I'm not saying to Jen, 'You deliberately ignored me.'"

Of course, Kahler also said this requires a mature response from the person being scolded.

"This person is not out to get me, they're not judging me, they need something from me and I need to find out what it is," Kahler said.

Jennifer Lancaster, psychology intern with Counseling Services, said people could prevent conflict by being aware of their non-verbal communication and by being personally responsible.

"I didn't do anything to her." Anytime you hear that, you know something was done," Lancaster said.

The two speakers emphasized being assertive as opposed to being passive, aggressive, or passive-aggressive.

Casey Williams, junior in family studies and human services, said she is required to attend a certain number of seminars as part of continuing education for her job as a resident assistant.

"I thought it was good," Williams said. "It was interesting and it was helpful for being an R.A. because there's a lot of conflict. I've heard a lot of it before in R.A. training."

After the lecture, Lancaster talked about Counseling Services and Safe Zone.

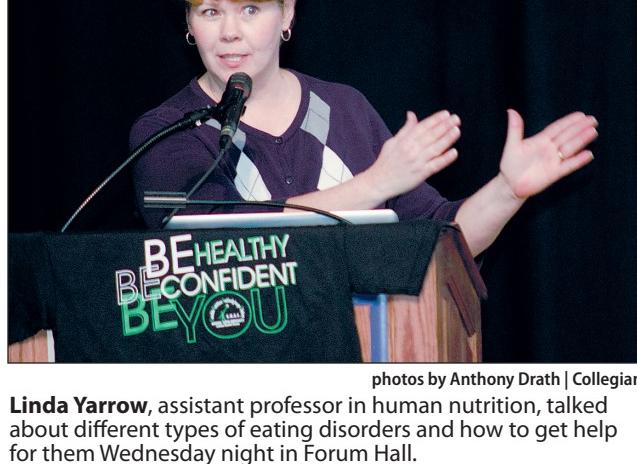
"We work closely with Safe Zone," she said. "It's a way we can help K-State to become a safe zone for K-State students and the community as a whole."

Safe Zone is a program that encourages students to talk with others who are experiencing hateful acts or distressing situations.



photos by Logan M. Jones | Collegian

Eating disorders overlooked, the glamor of "thin" distorted



photos by Anthony Drath | Collegian

Linda Yarrow, assistant professor in human nutrition, talked about different types of eating disorders and how to get help for them Wednesday night in Forum Hall.

Experts say feelings play key role in the development of disorders, often disregarded

Katie Reiley
staff writer

There have been ample arguments suggesting why eating disorders occur, but fighting the illness is rarely discussed in depth. Linda Yarrow, assistant professor of human nutrition, discussed the topic of life after an eating disorder and tactics on how to handle the illness at Wednesday's "Fighting the Beast Within" lecture.

Yarrow discussed how she personally dealt with two sepa-



(left to right) Anna Binder, senior in dietetics, Karalie Richards, senior in public health nutrition, Stephany Moore, senior in dietetics and kinesiology and Danica Pelzel, senior in dietetics and kinesiology talk about "Fighting the Beast Within", a presentation put on by S.N.A.C. Wednesday night in Forum Hall.

rate eating disorders, despite her status as a registered dietitian and a human nutrition professor. Her struggle with an eating disorder began when she started college.

"I had no idea about eating disorders, which is why I could justify not seeking help," she said.

Yarrow began college at a healthy weight, but after her sorority sisters began dieting for an upcoming dance, she began to join in on the dieting and exercising. The way Yarrow went about the diet, however, was not healthy.

"I put myself on a 500 calorie a day diet," Yarrow said. She later stopped eating at the dining hall because it proved to

be "too much of a temptation," so she began eating only out of her room. The consequence was losing 30 pounds that school year.

Yarrow then went through lifestyle changes. She married and transferred to K-State. Instead of dieting, Yarrow began to eat more out of loneliness and an outlet to make her feel better.

Loneliness is not the only trigger of eating disorders, however, Yarrow said. Some other triggers of eating disorders include depression, anger and sexual and physical abuse.

"Deal with your feelings first,"

said Tim Underwood, psychology intern at Counseling Services. "You're not going to get a hold of the food until you get a hold of your feelings."

Feelings, Yarrow and Underwood said, are usually the underlying reasons why a person develops an eating disorder. TV shows like the "Biggest Loser" and "I Used To Be Fat" do not reinforce healthy eating either. Yarrow recounts a story from "I Used to be Fat" about a young man, who with the help of a trainer, lost 140 pounds in 90 days to get ready for college. This quick-fix encourages a person who may not

have the same resources to take drastic, unhealthy approaches to lose weight, Yarrow said.

"It's not dieting; it's lifestyle change," said Dianna Schalles, registered dietitian at Lafene Health Center. "Gradual lifestyle changes that are realistic for a person and not looking at the number just on the scale."

Health risks for eating disorders include heart disease, malnutrition, tooth decay and high blood pressure. Underwood emphasized that getting outside help besides counseling is very important.

"Get help from not just

(Counseling Services) but also people you are close to," Underwood said.

While Yarrow is still dealing with her compulsions, like obsessively counting calories and wanting to binge on food, she believes she is dealing with the illness and has not binged in five years.

Sensible Nutrition and Body Image Choices, the K-State peer education group, offers resources and support to anyone interested in more information on eating disorders and healthy eating. Their website is www.k-state.edu/lafene/SNAC

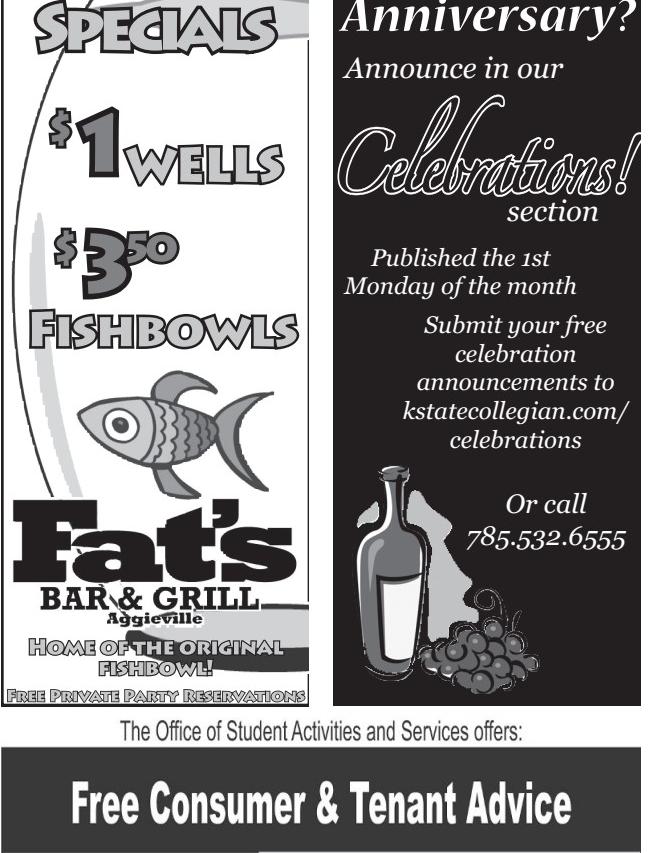
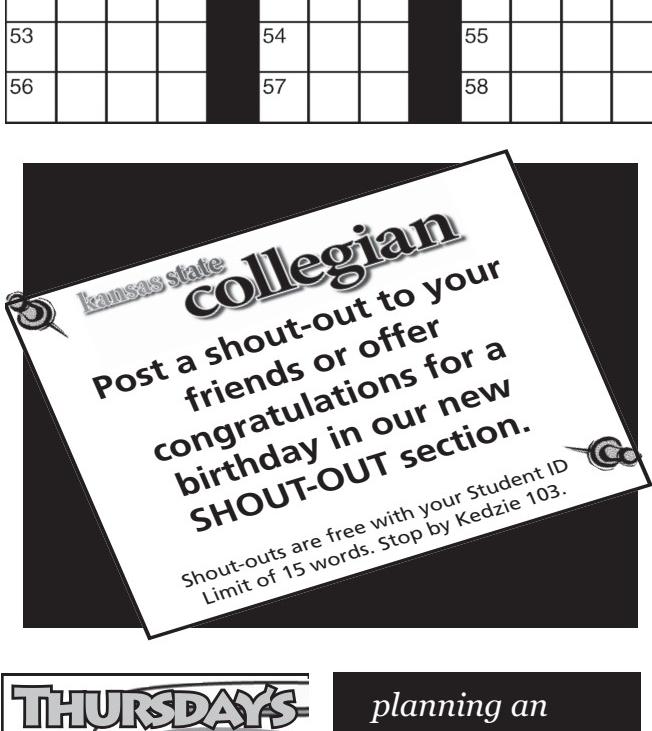
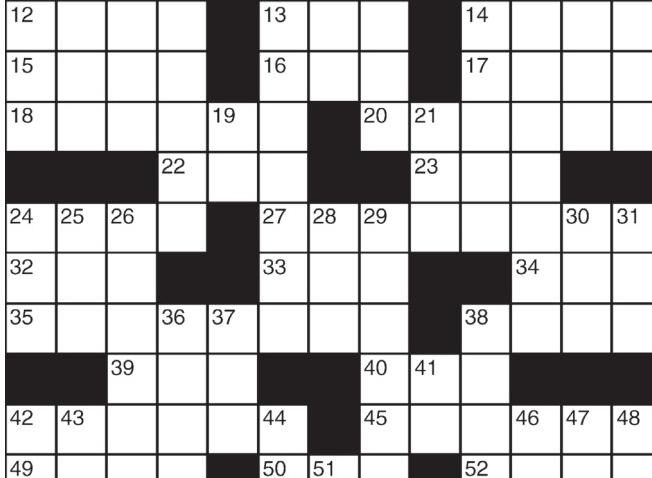
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8	Some- where out there	Chaney	1	touch
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			48 Criterion	48 Criterion
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K-State faculty, colleagues to teach classroom technology use techniques

Abby Belden
managing copy editor

K-State professors will have an opportunity to learn from fellow colleagues and professors during the Teaching, Learning and Technology Showcase.

The showcase is scheduled for Tuesday, March 1 in the K-State Student Union Ballroom from 10 a.m. to 1 p.m.

Information Technology Assistance Center (ITAC) coordinated the showcase, which will offer various presentations and exhibits from different faculty members, said Rebecca Gould, director of ITAC. The showcase's purpose is for faculty and colleagues to show other instruc-

tors and professors how they use technology in the classroom, show different teaching practices and also inspire others to use those practices.

"You can always learn from your colleagues," Gould said. "I think faculty will be inspired by their faculty colleagues and what they are doing in the classroom."

Faculty will also have the opportunity to interact with technology vendors, which are companies like Microsoft and Dell that provide technology for universities.

"Information Technology Services and Center for Advancement Teaching and Learning, and others, knew faculty who were doing unique things in the class-

room," Gould said. "We wanted to showcase what they were doing."

Fred Burrack, associate professor of music education and director of graduate studies in music, said that he will be showing attendees how he uses electronic portfolios and video conferencing. Burrack said students in his music education courses begin building their electronic portfolio freshman year and continue to add to it until their senior year.

"I think it is to everyone's benefit, both the students and the teachers to be able to move with the technology and use it as a tool," Burrack said. "You don't teach technology, but it is a tool that is used to

communicate more effectively with your students and with the people you deal with."

The Center for Advancement of Teaching and Learning, the Student Governing Association and Information and Educational Technology in K-State Research and Extension has helped plan, host and publicize the event.

"The most important thing about technology, and all of these tools, isn't for the purpose of teaching technology," Burrack said. "It's for the purpose of becoming more effective and more efficient in our teaching."

Any faculty or colleagues interested in attending the showcase can register at ksu-showcase.wordpress.com.

2-19 CRYPTOQUIP

J C Y W F R C L N I Y X D F Q U K N U

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Yesterday's Cryptoquip: SINCE THE TWO GOOD CHUMS WORK TOGETHER AT THE SWEDISH MINT, COULD ONE CALL THEM KRONA CRONIES?

Today's Cryptoquip Clue: U equals T

2-24 CRYPTOQUIP

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Yesterday's Cryptoquip: SUPPOSING A BATHROOM IS BEING USED BY A MANY-ARMED SEA CREATURE, MIGHT YOU SAY IT'S OCTO-PIED?

Today's Cryptoquip Clue: K equals P

kansas state collegian

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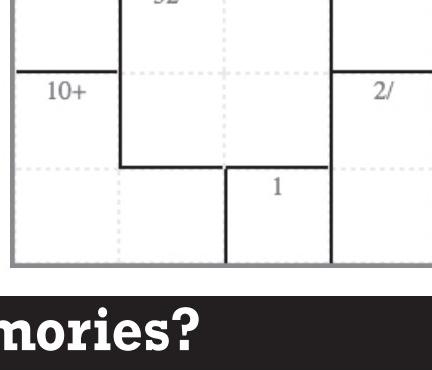
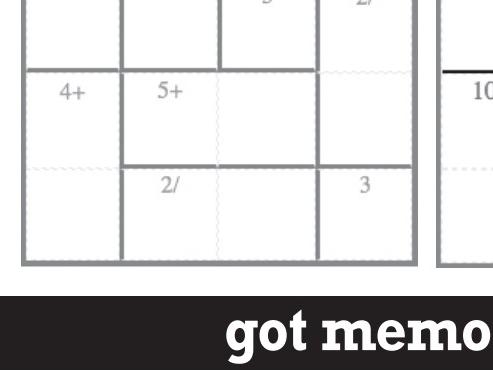
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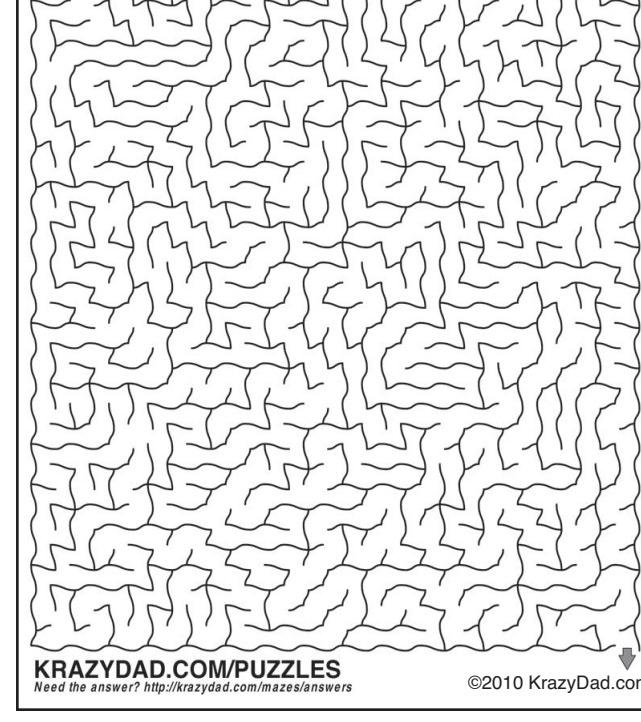
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thursday, february 24, 2011

kansas state collegian

OUTHUSKED

Cats 'Pullen' out the stops

Ashley Dunkak
sports editor

Head coach Frank Martin said on Monday that going to play the Huskers in Lincoln, Neb., would be the biggest challenge his team would face all year. That seems like an odd statement, considering foes like Kansas, Texas A&M, Missouri and Duke, but the 61-57 nailbiter of a victory on Wednesday night showed that the coach knew what he was talking about.

With the win, K-State is now 7-6 in the Big 12 Conference and is on a three-game winning streak.

Senior guard Jacob Pullen led all scorers with 27 points. The only other Wildcat in double figures was sophomore guard Rodney McGruder, who had 11 points to go with his eight rebounds. Those two combined for 14-of-16 shooting from the charity stripe, where K-State won the game at the end, when it came down to foul.

The Husker guards carried their team in scoring. Lance Jeter led Nebraska with 11 points, while Brandon Richardson and Caleb Walker each added nine points.

In the first half, Nebraska made it clear that its vaunted defense was indeed worthy of the acclaim it had received. After 20 minutes with no runs of more than seven points at a time, the Wildcats had only a two-point advantage, 29-27.

Both teams had 12 rebounds each, though K-State grabbed three more offensive boards than its opponent. Senior forward Curtis Kelly battled in the paint, taking seven shots and converting on three of them before taking a seat late in the half with a bloody nose. He would finish with eight points in the game.

McGruder led all scorers at the half with nine points from a diversity of shots - one three-pointer, two field goals and a pair of free throws. Pullen had seven points, two assists and two steals by the break.

As a team, the Wildcats shot 43.5 percent from the floor - not bad but hardly wonderful. The Huskers went 9-of-21 from the field for 42.9 percent but made eight of nine free throw attempts.

At the midweek press conference before this game, Martin said the Wildcats were fortunate last time they faced the Huskers because his team made shots and got the other team to turn the ball over. The coach seemed confident Nebraska head coach Doc Sadler would not allow the turnovers to be an issue again, but at halftime the Huskers had 12 giveaways compared to eight by the Wildcats.

Leading the Huskers in scoring

at the half was guard Brandon Richardson, who got to the rim often and came away with seven points.

Martin has mentioned that a statistic telling of the efficiency of an offense is assists to baskets made. At halftime, the Huskers had five assists on nine baskets, while the Wildcats had three assists on 10 baskets.

K-State worked to whip the ball around the perimeter, but the hustle and speed of the Nebraska defenders made it hard to get off

good shots.

In the second half, it was more of the same. No team established dominance; neither went on runs; neither really controlled the game. It consisted of much back-and-forth and little scoring.

The shooting percentages dropped, as K-State made only 17 of 47 attempts and Nebraska converted on 17 of 50 shots. Eighteen turnovers killed the Huskers in this game. It was the same stat that hurt them in Manhattan in early February.

When they committed 22 giveaways, the Wildcats got into foul trouble late in the game, with Kelly and junior forward Jamar Samuels fouling out in the waning minutes of the game, with only a few points separating the teams.

In the final conference game between Nebraska and K-State, the Wildcats outlasted the Huskers and continued on their upswing that was set into motion by an 84-68 victory over the Kansas Jayhawks on Valentine's Day.

Jordan Henriquez-Roberts, sophomore forward, dunks the ball while **Marcus Morris**, junior forward, looks on during the game against KU on Feb. 14 in Bramlage Coliseum.

Jennifer Heeke | Collegian

Paul Harris
senior staff writer

It was going to be a tall order for K-State to knock off the Baylor Bears at the Ferrell Center. Baylor entered the game undefeated at home this season, and the Bears left the game that way after a 75-48 blowout win against the Wildcats.

The winning streak was never in jeopardy for the Bears. They jumped out to a 22-6 lead early in the game. K-State was able to get within 10 behind after a 3-pointer from guard Brittany Chambers, but that is as close as the Wildcats got to handing Baylor their second straight loss.

Once again, Baylor sophomore center Brittany Griner proved to be one of the best players in women's college basketball. Griner posted 21

points in the first half and went on to finish with 26 points. Although Griner came in averaging almost five blocks per game, she was unable to register even one against the Wildcats.

Baylor senior guard Melissa Jones joined Griner in the scoring books in the first half with nine points. She added two more in the second half for a total of 11. Jones figured into other statistical categories as well, as she pulled down nine rebounds, had five steals and added three blocks.

It was a two-player game for the Wildcats once again. Junior forward Jalana Childs finished with 22 points and Chambers chipped in 15 points. All of Chambers' points came from behind the 3-point arc, where she went 5-of-13 in the contest. Chambers' troubles continued all over the court. She had no assists and five turnovers.

In all, the Wildcats had 18 turnovers. Sophomore guard Taelor Karr finished with just four

points. Karr has struggled since her 19-point outburst against Missouri and has only scored nine points since tying her career-high in the same game.

Junior forward Bransha Brown scored only one point for the Wildcats. She finished the game 0-for-5 from the field.

Brown was able to keep multiple K-State possessions alive as she snagged five offensive rebounds, but like three other Wildcats, she finished the game scoreless.

Freshman guard Stephanie Wittman was a nice offensive surprise for head coach Deb Patterson's squad; the rarely used newcomer scored four points.

The Wildcats finished

their two-game road trip with one win and one loss. With the loss, they remain winless against the Big 12 South. K-State will look to get its 801st victory in program history when the

cats travel back home to take on the ranked Iowa State Cyclones at 7 p.m. on Saturday.

NCAA's parenting problem



Ashley Dunkak

For being in charge of thousands of kids, the NCAA is a pretty irresponsible parent.

I don't know about you, but when I was a kid, "You're grounded," meant I lost out on everything I had planned for the next week, month, whatever. My parents didn't say, "Oh, well, since you were supposed to spend the night at Suzy's and play basketball with Johnny on Monday, you can wait until Tuesday to start being grounded."

Are you kidding me? Never in a million years.

The NCAA, I suppose, is a bit more lenient than the average parent. The following instances will show you what I'm talking about.

Late last year, five athletes on the Ohio State football team - and star quarterback Terrelle Pryor - received suspensions for accepting improper benefits, which consisted of selling their 2008 Big 10 Championship rings and other team memorabilia. However, because it was determined that the players did not get "adequate rules education" around the time they sold those items in 2009, they stayed eligible for the Jan. 4, 2011 Sugar Bowl, and instead will miss the first five games of the 2011 season.

In another instance, Jim Calhoun, head coach of the University of Connecticut men's basketball team, has been suspended for the first three games of next season for recruiting violations that occurred in his program in 2009. He's being suspended because, to paraphrase the NCAA's logic, he is responsible for everything going on in his program, but he can't be expected to know about everything, justifying the delay in the actual suspension.

Two things strike me as odd here.

First, why are members of athletic programs being suspended in 2011 for a violation that occurred in 2009? I understand it takes considerable time to conduct investigations and go through the necessary legal processes, but taking years is ridiculous. The players are only around for four.

Secondly, as soon as everything is decided, why is the NCAA waiting until the beginning of the next season to enforce its rules?

I would imagine that all NCAA programs get an NCAA rulebook, and student athletes get the student athlete handbook. Those should contain the numerous rules of the NCAA. If that is indeed the case, then I'm sorry, but I just can't help but be skeptical of those who claim ignorance.

As for these rulings and subsequent delays in punishment from the NCAA, this is my thought: If the rules aren't important enough to enforce, just get rid of those rules. I'm sure there will be plenty left over.

In real life, you get in trouble as soon as whatever you have done wrong is discovered. If you rob a bank, and the court sentences you to five years in jail, you don't get a year or two to just hang out and continue your day job and family life until you start your sentence.

Sure, I guess this current process in college sports is a nice departure from reality, but isn't college all about becoming more prepared for real life?

In my mind, the NCAA is doing its athletes and other participants a disservice with these delayed punishments. Being the disciplinarian is not fun, but it's part of the job.

Ashley Dunkak is a freshman in journalism and mass communications. Please send comments to sports@spub.ksu.edu.



Wildcats blasted by Bears

Paul Harris
senior staff writer

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Junior forward Bransha Brown scored only one point for the Wildcats. She finished the game 0-for-5 from the field.

Brown was able to keep multiple K-State possessions alive as she snagged five offensive rebounds, but like three other Wildcats, she finished the game scoreless.

Freshman guard Stephanie Wittman was a nice offensive surprise for head coach Deb Patterson's squad; the rarely used newcomer scored four points.

The Wildcats finished

their two-game road trip with one win and one loss. With the loss, they remain winless against the Big 12 South. K-State will look to get its 801st victory in program history when the

cats travel back home to take on the ranked Iowa State Cyclones at 7 p.m. on Saturday.

Baseball opens tournament at Coastal Carolina after Pacific wins

Justin Nutter
sports editor

Several K-State students are starting to figure out their spring break plans, but the Wildcat baseball team is taking a trip to the beach a little early.

K-State will play Thursday at the Caravelle Resort's Baseball at the Beach tournament in South Carolina. The four-day tournament is set to take place in Myrtle Beach and Conway.

The Wildcats will face four different teams during their stay, starting with Thursday's match-up against Coastal Carolina.

Under head coach Brad Hill, the Wildcats are off to a 3-0 start in 2011 after earning a three-game sweep over Pacific in Stockton, California last weekend. It was just the second time in team history that K-State opened a season with a sweep on the road, with the first occurrence coming way back

in 1959. Hill's squad will try to keep its road record perfect against a Chanticleer team that has won three of its first four contests to open the season.

During their first three games, the Wildcats have been led at the plate by junior outfielder Nick Martini. The 2010 Big 12 Player of the Year and 2011 preseason All-American currently owns a .455 batting average in 11 at-bats this season. Freshman outfielder

Jared King is also off to a hot start, as he's begun his collegiate career with a .429 batting average and three runs batted in.

Coastal Carolina only has one player hitting above .400 this season (catcher Tucker Frawley, .429), but run production has come from all across the Chanticleers' roster throughout their first four games. Outfielder Hayes Orton and second baseman Tommy

in senior Thomas Rooker, who is out for the season with an injury, the K-State bullpen allowed just two runs in a combined 13 innings in the first three games of the year.

First pitch for today's game is set for 3 p.m. at Myrtle Beach's BB&T Coastal Field. Fans interested in following the action can catch a live radio broadcast on the K-State Sports Network. Live stats will also be available at k-statesports.com.



SERVICE

Alternative break options provide enrichment opportunities

Missy Calvert
senior staff writer

Spring break could be a time for sleeping as long as your body will let you, getting a dangerously dark tan and doing what you love most: absolutely nothing.

Much needed rest could be the antidote you need to tackle the rest of spring semester, but if you are looking for a way to invest your break and remember it beyond the extra shut-eye, consider spending your precious week away from campus doing something to serve other people and enrich your life.

While the deadlines for some K-State Alternative Break opportunities have passed, there are still possibilities right under your fingertips. And if those don't work out, get some friends together and find a way to volunteer wherever your break takes you.

Ecumenical Campus Ministry Opportunities:

David Jones, Ecumenical Campus Ministry campus pastor, said the organization offers transformational trips for students.

"It's a great change of pace from the academic grind of college. It gives (students) a chance to do something fun, meet new people, see new places but also help people who really need help," he said.

ECM is offering three different options for making the most of your break.

1) Poverty Immersion Experience, Louisville, Ky.

This is an opportunity to learn about poverty, society and yourself. Jones said the focus of this trip is mainly on self-awareness and growth as students participate in a poverty simulation.

"You get to experience first-hand the effects of poverty as realistically as possible in a safe environment," Jones said.

Stephanie Alderman-Oler, senior in secondary education, participated in this trip last spring break, and she is one of the coordinators this year.

Alderman-Oler said students should expect the trip to be a challenging experience. However, she also said this opportunity is rewarding and teaches students how to

make a lasting impact in their communities.

"Expect a lot of hope as far as organizations that are working toward helping those who are in poverty, and at the end a lot of enthusiasm toward bringing that back to campus," she said.

Along with the simulation, students will also help others by working on various community service projects.

2) Hurricane Ike Recovery Effort, Texas City, Texas

Hurricane Ike made landfall in Galveston, Texas, in September 2008. This storm caused extensive damage with winds over 100 mph. Students on this trip will work with a non-profit organization in continued rebuilding efforts on various projects.

3) Flood Recovery Effort, Nashville, Tenn.

This trip also focuses on disaster relief, and students will contribute to cleanup from the May 2010 flood in Nashville. Jones said students will most likely participate in construction and renovating; however, a level of flexibility is expected.

"We go prepared to do anything they ask us to do," Jones said.

Students interested in participating should contact ECM as soon as possible at ecm@ksu.edu or 785-539-4281, and be prepared to make a \$100 deposit. Students do not need any prior association with ECM to participate.

Associated General Contractors Trip:

The Associated General Contractors student chapter is also taking an alternative break trip as they return to New Orleans to help with continued Hurricane Katrina efforts March 20 - 26.

Leo Hernandez, senior in construction science and management and AGC president, said students work on construction projects from electrical work to plumbing, depending on what is available.

"They try to give us jobs that are more technical or skill-related," he said.

He said it is a great opportunity for students to gain exposure to various jobs. The group stays near the French Quarter and gets to experience the New Orleans atmosphere



Trish Gott gives the "Mom" speech to a group of Alternative Break students during their first meeting. The "Mom" speech included topics such as bus driving rules, trip relationships, and behavior guidelines.

and meet many people they help.

"The people that we help are really thankful about it," Hernandez said.

To be eligible, students must be AGC members, and they are required to attend at least two AGC-sponsored events. Students can join AGC for \$10, and it is still possible to join before spring break. The trip itself costs \$75, which pays for lodging and food. To learn more about the trip or to get involved with AGC, contact Hernandez at leohdz@ksu.edu or 316-218-2883.

Volunteer Locally:

If you are looking for local op-

tions to volunteer your time, Habitat for Humanity and the Flinthills Breadbasket are two of many organizations that would be well worth your time.

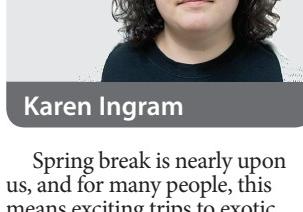
According to its website, Habitat for Humanity is an international organization committed to fighting against poverty housing. A few of the things volunteers in the Manhattan area can participate in include helping with construction of houses, working in Habitat offices and assisting in the ReStore, which sells new and used building supplies. To get involved and receive updates about opportunities, register as a volunteer at mahfh.org or

call 785-317-9334.

The Flinthills Breadbasket is a local organization dedicated to fighting hunger and distributing food in the area, according to breadbasket.manhattanks.org. Volunteers can work at special events, assist with Breadbasket publications and help with inventory and distribution among other things. Volunteer by visiting the website or calling 785-537-0730.

Whether you go on an organized trip, sign up to be a volunteer or just help your neighbor with spring cleaning, consider finding a way to make this year's break worth every minute.

Spring break trips, things to do on a budget



Karen Ingram

Spring break is nearly upon us, and for many people, this means exciting trips to exotic places with beaches and souvenir sun tans. For others, it means moping at home because you're too broke to do anything.

But fear not, spring break need not be boring for the spring broke. There are plenty of things to do in Kansas that will lift your spirits without burning a hole in your wallet.

1.) Wine tours

You don't have to travel to California to find good wine. There are plenty of wineries

in Northeast Kansas. Many provide free wine tastings and even tours of the facilities and grounds. There are several within an hour's drive of Manhattan; the OZ Winery in Wamego, Wyldewoods Cellars in Paxico and Smoky Hill Vineyards in Salina, just to name a few. A full list of Kansas wineries is available at catchwine.com/wineries/kansas/.

2.) Brewery tours

Not a fan of wine? There are also plenty of breweries in the area. Go with a friend and try a flight, which is a sampler of all the beers they have to offer. Call ahead and see if they offer tours of the brewery. Many do, and the only thing more fun than learning how beer is made is drinking it. Best of all, there are two right here in Manhattan, for those of you who don't have the time or gas money to make a trip out of town: Little Apple

Brewing Company and Tallgrass Brewing. A full list of breweries is available at beerme.com/region.php?75.

3.) Kansas Cosmosphere and Space Museum; Hutchinson, KS

Many of you have been to the Cosmophere before because they have an IMAX theater, but you should seriously consider spending the full \$17 and getting the all-day pass to check out everything they have to offer. My personal favorite is Dr. Goddard's Lab, which teaches and demonstrates different things about rocket science and fuels. It's geared for kids, but it's just as much fun for adults, trust me. Especially when they make something explode that makes your hair blow back and rattles the doors.

4.) Kansas Underground Salt Museum; Hutchinson, KS

You might be skeptical about

taking a tour of an old salt mine, but it's surprisingly fun. The climate preserves old artifacts perfectly down there, including an old newspaper with a headline about Lincoln's assassination that looks practically new. Hollywood also stores a lot of items down there for preservation and has lots of cool displays. Here's a tip: If you want to go to both the Salt Museum and the Cosmophere and just make a day out of hanging out in Hutchinson, you can get joint tickets for just \$29.

Half work of art, half trip through Wonderland, the Garden of Eden carries a fascinating history behind it and some truly amazing sculptures. And at just \$6 for tickets, this is one of the best deals you can get for spring break.

Karen Ingram is a junior in English. Please send comments to edge@pub.ksu.edu.

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are YOU READY 4 Spring Break?

Spring break brings opportunity to learn outside the classroom

Spring break is on the way, and with it comes countless things to do. Many students will escape to a warmer climate, while some might feel more productive staying home and working. Others might enjoy a week's worth of rare days not bound by school and school work.

I wish all the best to you and whatever your week of freedom holds, but during spring break, I also encourage you to keep learning. Do not let this week of freedom pass with nothing to show for it.

With seven days of blank slate ahead, it is my challenge to you to learn something. Pick something you have always wondered about or always wished you knew how to do, and put yourself to it. Does Stonehenge fascinate you? Have you always wished you knew how to change a tire? This is your chance.

Your spring break may be completely booked. You might have had a whole week dedicated to catching up on sleep and your favorite shows. However, maybe a few of these things could interest you and keep you curious:

Learn your lineage

Look up the names and places of the people you came from. With websites like ancestry.com, it is not hard to find this information. And how cool would it be to learn if you were

related to someone who fought in the Revolutionary War or came from nothing and made a life for themselves? Sometimes scholarships are awarded for things like having a relative who came on the Mayflower or who fought in World War I. It could pay to go and learn more.

Learn a language

With only a week, learning a whole language is next to impossible, but you could get a strong grasp of the basics. Whether going to a bookstore or going online, you can find ways to learn a language fast. A bilingual employee is a huge asset to a lot of companies; you might see an increase in your future salary.

Learn how to bake bread from scratch

Your roommates will thank you.

Learn basic car mechanics

Car repair work is inconvenient. Often, letting one problem go will eventually cause another. Learning how to do simple things like oil changes, tire changes and battery jumps could save you money and time.

Learn fun facts about your town

Did you know the first Pizza Hut was started in Wichita? Or the only Pony Express station standing in its original spot is

two miles northeast of Hanover, Kan., and is now a museum? There are so many little-known facts about nearby towns. Look them up and make a day trip to go and learn more.

Learn how to start a fire without the use of matches

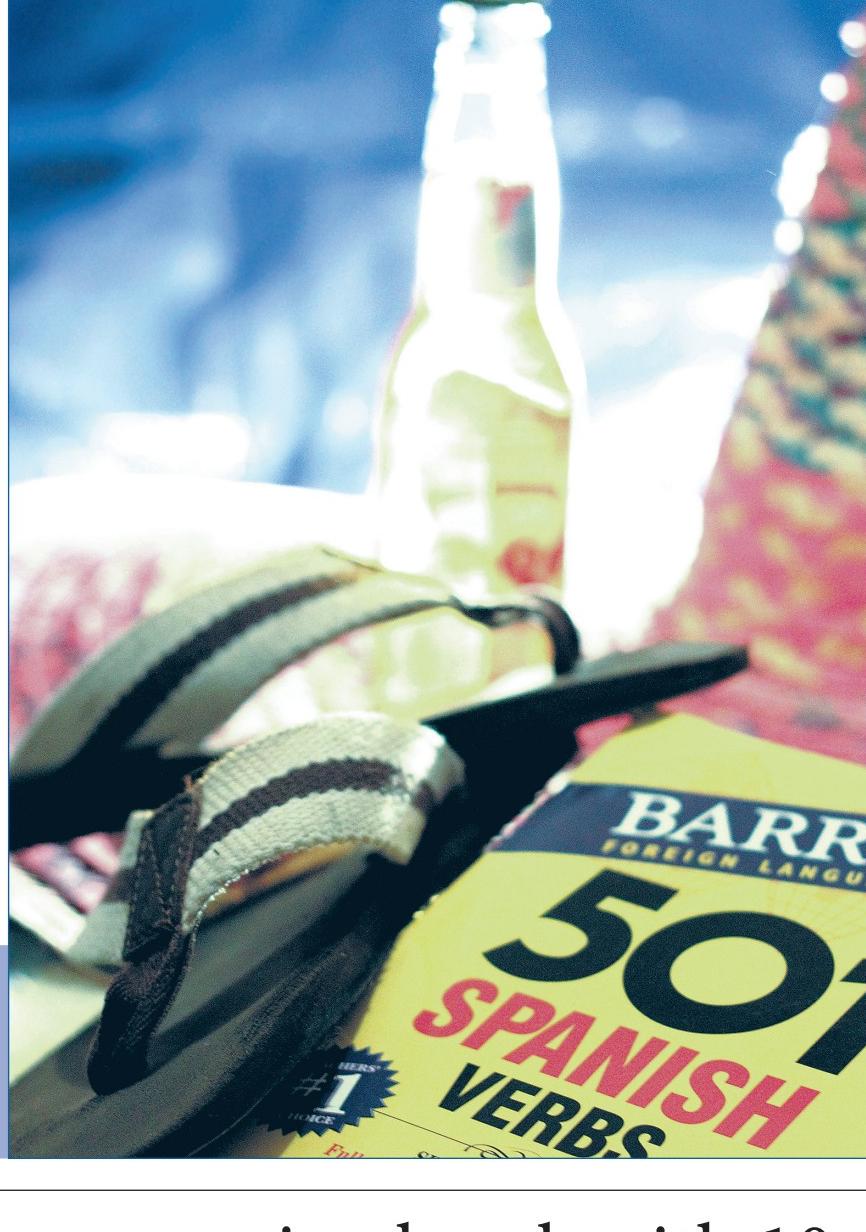
Did you know you can start a fire using a Coca-Cola can and chocolate? You may never actually need to know how to do this, but it would be fun to learn. The website artofmanliness.com reports nine different ways to start a fire without using matches.

Spring break is a wonderful thing. We as students use it as a time to relax and enjoy ourselves so we can focus on finishing the year strong. But no matter where you are, there is always an opportunity to learn.

Hannah Skidmore is a senior in public relations and mass communication. Please send comments to edge@spub.ksu.edu.

Carlos Salazar | Collegian

If you're going to learn something this spring break, why not make it a different language. You probably won't learn an entire language over the break, but you have to start somewhere.



Broke break? Create cash using these inventive ideas

Jena Sauber
Staff Writer

Sometimes a lack of cash can keep you strapped to your hometown over spring break. If that's the case, check out the following ways to earn some extra cash over break to take a weekend vacation or come back to school a little richer.

1. Sell your clothes to a second-hand retail store

Earn extra cash by selling your gently-used clothing to a second-hand retail store such as Plato's Closet. Plato's Closet pays cash for gently used, in style, name brand clothing. The amount paid ranges depending on "condition, brand, style and current inventory needs," according to its website. Plato's Closets are located in Wichita, Topeka, Lawrence and Kansas City.

Payout: varies

2. Post items on an online auction or purchasing site

Similar to Plato's Closet, posting your unused gaming systems, gently-used purses or other belongings on an auction website such as eBay or craigslist can bring in some extra cash. You will be able to get rid of old items and

possibly make cash without actually doing much work. According to ehow.com, you can also post old textbooks on websites such as ecampus.com or half.com to earn additional money.

Payout: varies

3. House sit

Even if you can't take a vacation over spring break, others in your neighborhood might be able. Distribute fliers and e-mail neighbors a few weeks before break advertising a house sitting service. Responsibilities could include taking care of pets, watering plants, taking in the mail and newspaper and checking the house for signs of suspicious activity. If you do take on a house sitting job, make sure that you are able to handle all the responsibilities, especially if live animals are involved. (www.ehow.com)

Payout: typically \$20-\$25 a day

4. Babysit

If the elementary schools in your hometown have the same spring break as you do, many children may be without supervision during the day. Sending out an e-mail to family friends with young children may help attract potential customers. Don't know any families in your community to ask? Visit sittercity.com to find families looking for babysitters in your area. Users can create an account for potential employers to view, and view interested families. The website also has information for helping with house sitting, pet care and senior care jobs.

Payout: varies, general rate of \$10 per hour depending on number children and responsibilities

5. Get artistic

If you're feeling creative over break, you can boost your bank account by posting your creations for sale on etsy.com. The site allows users to post items for sale that are either "homemade, commercial and handmade art supplies, or vintage (at least 20 years old)." The site includes 31 categories of items for sale, including art, furniture, quilts and music. Each item posted costs 20 cents for four months. Potential buyers may view the items and purchase them through the site, and sellers receive payment before shipping their products.

Payout: most items are listed between \$10 and \$350 or more.

Spice up spring break with 10 hot destinations to choose from

Sandi Lam
staff writer

Two months into the spring semester is enough for most students to want a break. Sure enough, the well-deserved spring break is right around the corner. If plans for the week have not yet been made, there is still time to book a last minute flight or get a group of friends together for a road trip. But the question is, where to go?

1. Cancun, Mexico

If there is one place that attracts the most people during the spring break season, it's Cancun. If the typical college spring break scene complete with margaritas and night clubs is not enough to sway you, perhaps the lovely beaches and gorgeous weather will do the convincing.

2. Puerto Vallarta, Mexico

Another Mexican delight popular with the spring break crowd, mainly attracting them with the beautiful beaches. But it is not just another version of Cancun. Puerto Vallarta has its own feel and boasts its wide range of available activities - parasailing, snorkeling, scuba diving, whale watching, the list goes on.

3. Panama City, Fla.

Maybe going out of the U.S. is out of the question. An equally good time could be had in Panama City. With its own spring break website, pcbeachspringbreak.com, it can be a personal guide while visiting. The site provides places to eat, places to stay, activities and even a place to name-drop the celebrities that have been sighted.

4. Bahamas and Jamaica

Yet another beachy locale, but the appeal here is that they are Caribbean countries. The blue water and white sand are irresistible in the Bahamas. And who doesn't want to say they've partied over spring break in Jamaica?

5. Puerto Rico

Still breathtakingly beautiful landscape. The culture is rich and diverse in Puerto Rico. Surfing the waves is an option, but hiking through a rainforest is also not bad.

6. Europe

Hot beach locations aren't your style, you say? How about some hip and historical European adventure instead? Backpacking across Europe always seems to turn out good experiences. Stay in hostels and keep the costs low.

the costs low.

7. Colorado

Not the traditional spring break party scene, but a very valid choice for the week's destination. Get a group together and go skiing at Winter Park or Crested Butte.

8. Texas

Within a reasonable driving range, spending the break in Texas allows you to bask in the glorious warm weather without emptying the bank account. Explore the shores of Corpus Christi or go a little further to South Padre.

9. Some U.S. city

Beating the crowds can be difficult with any popular destination. But spending spring break in a hip U.S. city can be relaxing, allowing you to check out cool stores and attractions at your own pace. Keep in mind cities like Seattle, Boston, New Orleans and New York.

10. Alternative spring break

Beat the crowds altogether by using the time off to volunteer. United Way and Habitat for Humanity provide good opportunities. Check out more at http://studenttravel.about.com/od/springbreakvolunteers/qt/alternate_sprin.htm.



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Networking 2.0

Link into LinkedIn

Sandi Lam
staff writer

It seems that almost everyone is familiar with the popular social networking site, Facebook, but how many individuals are familiar with LinkedIn? LinkedIn is a professional networking site that allows people to connect with other business professionals. It uses some of the greatest features of Facebook, Twitter and other similar sites — including groups and contacts — to show how people are connected to each other in the professional realm.

According to the "About Us" section of the website, linkedin.com, co-founder Reid Hoffman started the company in his living room in 2002. When the site launched in 2003, the first month of operation brought in 4,500 members. Today, LinkedIn has "more than 90 million members in over 200 countries and territories."

Michele Brown, graduate assistant for Technology Resources in Career and Employment Services, said LinkedIn is an excellent tool for aspiring professionals as well as employers.

"Recruiters have said that they often use LinkedIn to research applicants and search for people who are looking for a job," she said.

Brown also said using the online networking site makes it easier for employers to find potential employees that have a skill set identical to what they

are in the market for. "This is more cost-efficient for the employer, too, cutting costs of putting an ad in the newspaper," she said.

Brown suggested that students begin putting a profile together as they make their way through college.

She said it is wise for students to include information about where they are attending school, what they are studying and what research projects they might be doing.

CES is offering a workshop called "The Other Me," dealing with social networking at 4 p.m. on April 12 in Union 207, according to K-State's website.

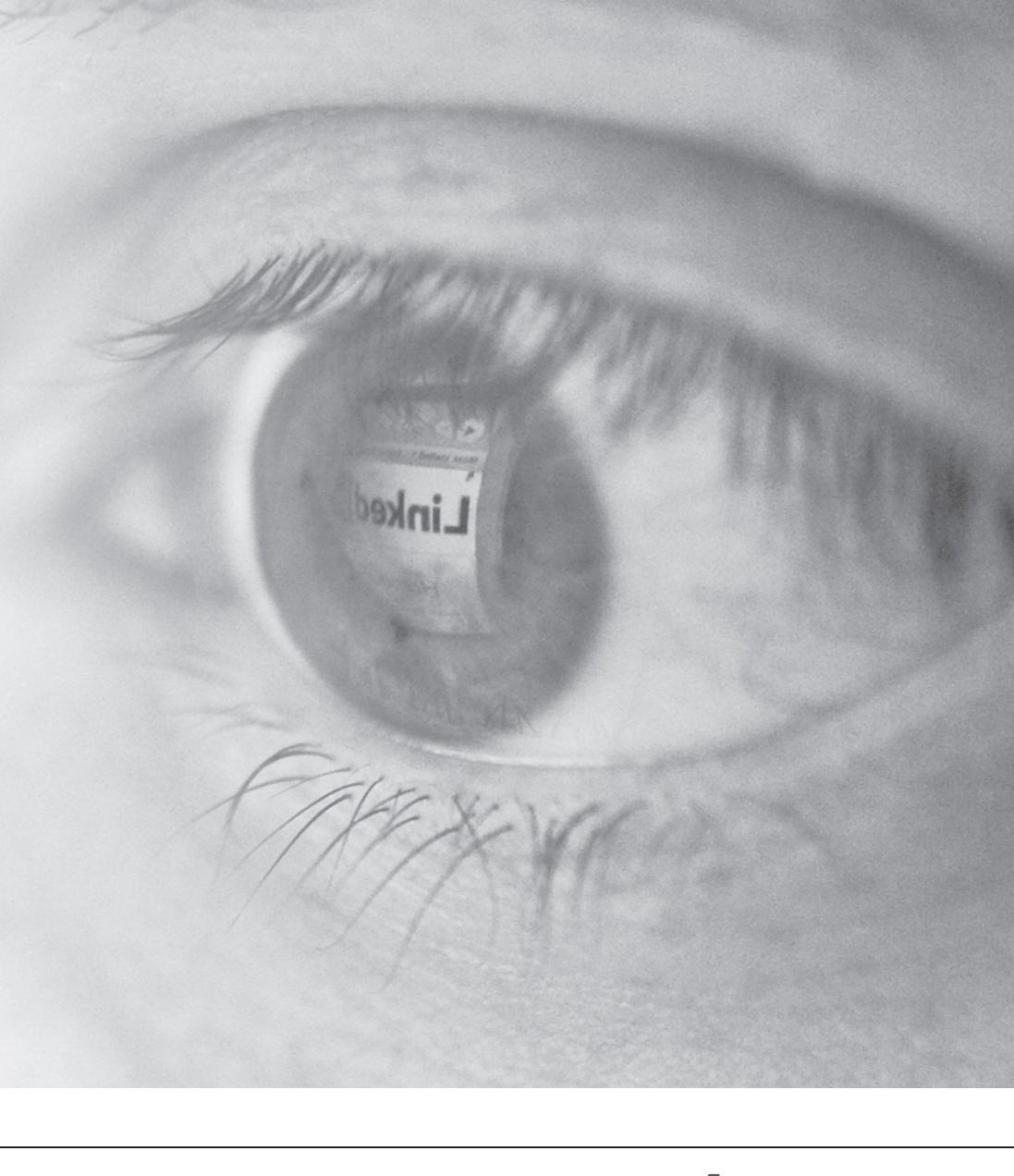
"The first part of the workshop will be about Facebook and how it affects you professionally," Brown said. "The second part is about how to set up a profile on LinkedIn."

She said she encourages students to bring laptops if possible so they can begin building a profile during the workshop.

In the world where everything is becoming digital, professional online networking is a safe move. Join the professional world and get LinkedIn.

LinkedIn is a social networking site aimed towards business professionals interested in connecting with one another.

Rebecca Tincher | Collegian



10 reasons social networking benefits students



Haley Henry

As the character of Mark Zuckerberg popularly said in the movie "The Social Network," "People want to go online and check out their friends, so why not build a website that offers that? Friends, pictures, profiles, whatever you can visit, browse around, maybe it's someone you just met at a party. Eduardo, I'm not talking about a dating site; I'm talking about taking the entire social experience of college and putting it online."

Social networking is changing the way the world is doing everything, from the way people get information to the way people communicate, and, most importantly, the way people interact. The importance and relevance of social media outlets are growing stronger with the rapid developments of technology; however, is there a strong importance for social networking profiles like Facebook? Is tweeting really an effective form of communication. And, finally, what is the importance of Flickr?

The world is greatly influenced by social networking. Why not help launch yourself into the ever-changing face of the virtual world? Consider these 10 reasons on how having a social networking profile will benefit your future.

1. Staying connected with friends

Social networking is the easiest way to stay in touch with old friends, friends who don't live close to you or even just roommates.

2. For means of communication

Everyone has those days when they wake up without a phone or any way to communicate with the world except through social networking. You could update your social networking profile, and one of your "followers" could even help you locate your phone.

3. Keeping up-to-date on news more quickly

Some social networking sites constantly update news information. This enlightens readers and social network-



ing profile owners.

4. Achieving a more personal connection

Having a social networking profile allows you to keep informed on recent happenings with people in your network. You have something to discuss with your co-workers and friends and even an opportunity to do a little brown-nosing to your boss about his most recent personal achievement.

5. Making friends with similar interests and "likes"

Various social networking sites are centered around certain interests and topics. For example,



Facebook and Twitter have become the dominant communities in social networking. With a smartphone, you can easily remain involved in your virtual life.

9. Experience global exposure

Social networking profiles allow users to post anything and everything to the virtual world and can be seen by anybody. Having a profile allows more chances for exposure and opportunities for marketing your work and yourself.

8. For creative expression

The Internet offers a virtual canvas for all users; however, users with social networking profiles could have a more defined group of followers to increase exposure.

10. Creating a positive impact on the world

Social networking allows users to band together and create strong alliances for

Students consider coursework featuring media icons

Sandi Lam
staff writer

Enrolling in classes is like choosing your fate — at least for a semester. Imagine scrolling through the available course listings and seeing a class featuring the fame of Lady Gaga. Is this real? Yes, there have been and still are college courses that base its curriculum off celebrity lives, fame and/or work. Courses about Radiohead's music, hip-hop artist Tupac Shakur's life and Oprah Winfrey were all offered at credible universities: the University at South Carolina, the University of Washington and the University of Illinois, respectively.

The Lady Gaga course, offered by USC, is called "Lady Gaga and the Sociology of Fame." In the course overview on the university's website, professor Mathieu Deflem teaches "the sociologically relevant dimensions of the fame of Lady Gaga."

While the class might be a hit at USC, K-State students viewed it with interest but also with skepticism.

Steven Kong, Junior in social sciences, said he might be interested in taking such a class if it was legitimate.

"It seems like a fake course," he said.

He also said, however, the concept of basing the course off a celebrity or iconic figure is interesting.

"I would like to see these classes and wouldn't mind if they were here, but I would never take them," Kong said.

Caroline Kroeger, Junior in architecture, said the idea of paying for such a course seems ridiculous.

"I would only take a class like that if I needed another class, but it's probably not something I would take seriously," she said.

On second thought, however, Kroeger said, "It is not completely ridiculous if there is some academic value that you can get from studying it."

Upon hearing of such a course, one might think it is an easy-A class. This is a misconception in some cases. There are many strange topics that make for legitimate discussions and study — even at K-State.

Here, Philip Nel, professor of English and director of the program in children's literature, began offering a course called "Harry Potter's Library," English 440, in 2002.

According to the course description on K-State's website, students are expected to explore the literary strategies of the series.

Kong said the existence of such courses could be beneficial.

"If someone out there loves Harry Potter to the extent of studying it in the collegiate environment and can learn from it, then it's worthwhile," he said.



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BARTENDING! \$300 a

All she wants to do is dance



Beth Mendenhall

Good news everyone – you've been given the chance to ridicule me in public! That's right, Dancing with the K-State Stars at 7:30 p.m. Thursday in McCain Auditorium will include a jaunty little Broadway number featuring me and my esteemed colleague, Tyler Nenaber. The Collegian has asked me to explain my choice to participate in this event and to give a brief account of my experience. As I aspire to live my life as an open book, sharing my feelings about Dancing with the Stars isn't difficult, and you can believe me when I say that what follows is the capital-T Truth.

A few months ago I received

tional support.

Officially accepting the invitation to participate allowed me to update my Facebook status accordingly, but it also meant I'd have to start doing things I wasn't really used to doing. Things like stretching. My partner Nenaber wasn't the old dance professor I expected, but rather a super-cute sophomore with a minor in dance, and member of the K-State tap ensemble, of which I'm guessing he's the star. Nenaber won my full confidence and devotion on day one, when he asked what I wanted out of the competition and scribbled in his notebook my monosyllabic answer: fun. Obviously that wasn't the whole truth, as Nenaber came to discover.

I am a hypercompetitive individual. I do not participate in an event or activity without intending to dominate it. And despite bringing only jazz hands and a pair of short-shorts to the table, I am committed to winning this competition. After

three practices in the basement of Nichols Hall, I knew the whole dance.

Hip-swiveling and chorus-line kicks aren't exactly my forte, but with patience and vaguely patronizing praise,

Nenaber has made a dancer out of me. And I've loved every minute of it.

By Tuesday's dress rehearsal we even started picking up each other's quirks: Nenaber has started cursing like a sailor and I've developed an affinity for formfitting yet flexible footwear.

Obviously, trash-talking was part of the equation. The only other competitor I encounter on a regular basis is football player Andre MacDonald, and after bringing my best verbal game I had to admit: The man is skilled in the art of intimidation.

You've had how many practices already? You're doing the can opener? How could I compete with that? Oh, that's right, by bringing my A-game. I'm talking serious jazz hands. I'm talking kicks and spins and dips and twirls. There may be bowler hats involved. Watch out, K-State C-listers, because Beth Mendenhall and Tyler Nenaber are here to dance. Admission is free.

See you at McCain – you might want to bring your sunglasses.

Beth Mendenhall is a senior in political science. Please send comments to news@spub.ksu.edu

Posture improves spinal bone structure

Balasubramany Meenakshisundaram
staff writer

With Correct Posture Month just around the corner, the average college student may be unaware of the stresses that can be caused by slouched shoulders or a protruding neck. When it comes to posture, the actions themselves may be small but the effects are amplified and long term.

According to Chris Sherwood on livestrong.com, "Posture is the way you physically carry or hold your body." Sherwood said the way in which one holds his posture determines how his bones and muscles align, starting from the head to the feet, and improper alignment could cause stress on the bones and muscles.

According to Sherwood, the common effects of bad posture include muscle fatigue, spine misalignment, stress on inter-

nal organs and pain on the skeletal structure. Apart from these long-term effects, there are less known effects that occur in our everyday lives. One's posture is the first indication of body language.

"Our posture determines how we are being perceived by others, like whether we are engaged in class or not," said Christina Devaney, junior in education and a group fitness trainer at the K-State Recreation Center. "In the long term, it will become a habit and turn into a lifestyle."

According to Sherwood, poor posture can result in spinal discs being compressed out of alignment and exerting pressure on the spine, causing pain and restricting movement in certain limbs. There might be other effects depending which nerves the discs depress. Good posture will always transfer body weight onto the right muscles and in the right

amounts. On the other hand, poor posture might add more stress on certain muscles causing them to fatigue.

According to the University of Maryland Medical Center, bad posture invariably causes stress on the neck and back muscles and the spine. This can result in pain, pinched nerves in the spine, and pulled muscles, ligaments and tendons.

Poor posture can also cause pain in other parts of the body, and muscle stress may also lead to tension headaches.

Bad posture and its effects could result from the simplest of things one does in everyday life.

"It could start from having heavy backpacks, or not having proper shoes or the over- or underuse of certain muscle groups and not sitting up straight," said Devaney. The long-term impact of bad posture would be the deformation of the spinal cord from its

normal "S" shape to an abnormal "C" shape.

Improving one's posture is not very hard, said Devaney. It can be done by following simple steps and being consistent.

"Being aware of one's posture at all times, keeping one's core engaged at all times and putting in a conscious effort," said Devaney. The abdominal muscles play a vital role in holding the spinal cord erect and the core engaged.

Maureen Kerrigan, microbiologist at the School of Veterinary Medicine, said the same backpack that makes the shoulders slouch can also help fix one's posture.

"I always advise my students to wear their backpacks squeezing the shoulder blades together such that they weigh their shoulders down the right way, transferring the load onto the lats and hence straightening the spine," Kerrigan said.

Four students nominated to receive prestigious Goldwater Scholarships

Jessica Tracz
staff writer

K-State takes great pride in the number of students that have won the Truman, Goldwater, Udall, Rhodes and Marshall national scholarships. This year K-State has a chance to increase those numbers with four students nominated for the 2011 Barry M. Goldwater Scholarships. Angela Grommet, Sterling Braun, Joshua Ericson and Gage Brummer are nominated for the prestigious scholarship that provides more than \$7,500 annually to students in mathematics, natural sciences or engineering.

There could be as many as 300 students this year that will be awarded Goldwater Scholarships, and the winning scholars will be announced at the end of March.

To qualify to be nominated, students must be currently working on a research project. The application process is a very extensive one. Grommet said it includes a two-page research essay and then about four to five other essays elaborating on research experiences and interests in a particular research field.

Grommet, sophomore in chemistry, is working on re-

search for Christer Aakeroy, professor of chemistry. The research project involves diclofenac, a painkiller used to help relieve rheumatoid arthritis. Grommet is working to produce a drug that creates long-lasting pain relief.

She is a member of Alpha Chi Sigma professional chemical fraternity and has received a Putnam Scholarship and a Johnson Center for Basic Cancer Research Award.

"I feel very privileged,"

Grommet said. "I really, really feel like this is a kind of representation not only of my success, but also my mentors at K-State. I really feel like this accomplishment shows how well they have led me and guided me."

Brummer, junior in biochemistry, is researching the causes of keratoconus, an eye disease. Gary Conrad, university distinguished professor of biology, is supervising Brummer's research. Brummer is trying to make treatment more effective and less harmful to patients by looking at the current treatment of the disease.

Brummer had an internship during the summers of 2009 and 2010 at the Mount Desert Island Biological Laboratory in Salisbury Cove, Maine. He also

helped John Forrest, professor of medicine at Yale University, teach a course about renal physiology research techniques to doctors at the laboratory.

Braun, sophomore in microbiology, is working with Alexander Beeser, assistant professor of biology, to determine

"I feel very privileged. I really, really feel like this is a kind of representation not only of my success, but also my mentors at K-State."

Angela Grommet
sophomore in chemistry
Goldwater nominee

mechanisms underlying tumorigenesis in certain cancers.

Braun said he hopes to determine the gene that drives oncogenesis and liposarcomas.

A member of K-State's Alpha Chi Sigma professional fraternity, he has received multiple scholarships and awards, including a Johnson Center Cancer Research Award and a K-INBRE Semester Scholarship.

"Practically speaking, all four nominees have impressive undergraduate research experience, excellent academic records, great support from their faculty mentors and goals related to earning a Ph.D. and conducting research in the future," Hohenbary said.

rately describe how biological epidemics can spread in rural settings. Pietro Poggi-Corradini, professor of mathematics, is his supervisor.

Ericson said he hopes to find ways to prevent outbreaks by using probability theory and graph theory. He has won multiple scholarships in the mathematics area, including a Friends of Mathematics Scholarship and National SMART Grant.

"I am of course honored to be nominated to represent Kansas State in the Goldwater Scholarship Competition and glad that I can bring some deserved recognition to our university," Ericson said.

Jim Hohenbary, assistant dean for nationally competitive scholarships, said he feels all four of the nominees were chosen because the committee felt they demonstrated outstanding potential as future mathematicians, scientists and engineers.

"Practically speaking, all four nominees have impressive undergraduate research experience, excellent academic records, great support from their faculty mentors and goals related to earning a Ph.D. and conducting research in the future," Hohenbary said.

WILD WELLNESS WEEK

February 28– March 3

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- Tuesday = Battle of the Sexerts
- Wednesday = Trivia Game Show
- Wednesday = "Make it Spring Break, Not Spring Broke."
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